



Parkinson's Support Group of Tarrant County

Newsletter

March 2020 - April 2020

LETTER FROM THE PRESIDENT

Sandie Hampton, RN

The Parkinson's Support Group of Tarrant County (PSGTC) was organized with 49 charter members at Broadway Baptist Church in April 1983, corresponding with the birth month of Dr. James Parkinson. The church graciously has provided facilities for meetings and exercise classes, as well as coffee and tea with amenities, for the last 37 years!

The founding members had a great vision for meeting the needs of People with Parkinson's (PwP) in this community. Early goals included providing information, entertainment, inspiration and fellowship. Through the years we have been blessed with many notable speakers, including but not limited to neurologists, physical therapists, ministers, speech pathologists and pharmaceutical company representatives.

Originally, exercise classes were held twice a week at Texas College of Osteopathic Medicine (TCOM) in Fort Worth. Exercise classes now are held three times each week at Broadway Baptist Church along with a caregiver support group which meets twice each month. We also conduct our monthly support group meetings at the church on the 4th Monday, except for holidays. In 2013, we added a monthly support group meeting in the HEB area to match the growing population and density of Tarrant County. The PSGTC Northeast meeting and exercise class occurs at the Bedford Library on the 2nd Tuesday of every month.

PSGTC is one of the longest and continuously running all-volunteer organizations for the Parkinson's Community. We depend on dues, memorials, donations and sponsorships which have continued for over 35 years to provide education, information, encouragement and practical help to PwP in Tarrant County and surrounding areas. Through the years, PSGTC Leadership has remained true to the original stated goals of the group. It has been my privilege to serve as President of the Board of Directors for the last three years and look forward to the ongoing sustainability of this group.

Sincerely,
Sandie Hampton RN

March Programs

Tuesday, March 10

Support Meeting Northeast

Hopefully, the weather will be spring-like for our March meeting! Kathy Anderson will present "The Magic of Landscaping".

Monday, March 23

Support Meeting Fort Worth

Kim Mahan, RN and Cathy Collier of Beyond Faith Hospice will present "Hospice 101 and It's Benefits for the Whole Family".

April Programs

Tuesday, April 14

Support Meeting Northeast

Phillip Kenner with Acorda Therapeutics will share information about an inhaled form of Levodopa, designed specifically for "off" episodes.

Monday, April 27

Support Meeting Fort Worth

Sandie Hampton, RN, will present "Parkinson's Coming Out of the Shadows".



THANK YOU TO OUR SPONSORS!



Parkinson's Support Group of Tarrant County

Officers

President - Sandie Hampton
Vice President - Debra Machos
Secretary - Barbara Lentz
Treasurer - Gary Miller

Board Members

Debbie Benner
Ozella Campbell
Mike Hairgrove
Tom Heid
Bob Leary
Kate Leary
James Lee
Kathy Smith

Committees

Caregivers - Steve Smith
Directory - Kate and Bob Leary
Hospitality - Barbara Batts
Librarian - Vacant
Membership - Clara Lee, Kathy Smith, Beth Hawkinson
Newsletter - Debra Machos, Debbie Benner
Programs - Sandie Hampton
Publicity - Cathy Snow
Sunshine - Clara Lee
Webmaster - Paula Hill

Member to Member

Do you have mobility aids or other helpful equipment that you would like to know is going to good use? Are you in need of a mobility aid or other helpful equipment? Let us know and we will post it for you in our next newsletter!



Nominations Now Open for PSGTC Board Of Directors!

*Please consider serving on behalf of your
PSGTC friends and family!*

★ Thank You! ★
FOR YOUR DONATION

*Thank You to the anonymous donor to PSGTC in memory
of Garry Tennyson*

*Thank You to those supporting PSGTC by shopping at
Kroger for the donation from Kroger Customer Care
Donation fund*

Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to PSGTC! Simply designate Parkinson's Support Group of Tarrant County as your charity of choice!



<https://smile.amazon.com/ch/75-1886538>



**Did you know you can support
PSGTC just by shopping at
Kroger?**

It's easy when you enroll in Kroger Community Rewards®! To get started,



In Memorium

Garry Tennyson (Keller, Texas) passed away at the age of 80 on Saturday, January 25, 2020

Parkinson's Disease Resources

Lewy Body Dementia Association
www.lbda.org
LBD Caregiver Link: 844.311.0587
National Office (Atlanta, GA): 404.975.2322

**The Michael J. Fox Foundation
for Parkinson's Research**
www.parkinson.org
1-800-4PD-INFO (473-4636)

Parkinson's Foundation
www.parkinson.org
1-800-4PD-INFO (473-4636)
or helpline@parkinson.org



Dealing with Ever-Changing Parkinson's Symptoms

by Bruce Ballard



<http://www.parkingsuns.com/2019/12/31/dealing-with-ever-changing-parkinsons-symptoms/>

It seems like there are about a hundred symptoms you might encounter when you have Parkinson's disease, and of course, everybody deals with a different set. (Did you know that Parkies are at increased risk for dandruff?)

When I look back at what I've been through (I was diagnosed in 2012 and started keeping track of my experiences in this blog in 2015), I'm surprised that issues that irked me at one point (for example, bladder urgency) faded away after a while, only to be replaced by some other problem (e.g., insomnia). I typically find a way to deal with the new challenge so it's no longer an issue, but then another arises to take its place, and usually, I must find a way to deal with that. I call it the Whack-a-Mole method of disease management.

For example, drooling. In the spring of 2015, drooling was a bothersome symptom for me. I'd wake up in the morning with an utterly drenched pillow. I blogged about it and invented a lot of jokes. For example: "My husband now says that sleeping in the same bed with me is drool and unusual punishment." Another: California was going through a drought at the time, and people were unable to water their lawns. I blogged that if someone would pay my airfare from New York, I'd volunteer to sleep face down on their lawn and nurse it back to life.

Yet within a few months, drooling stopped being a pitfall for me. I haven't had any drooling incidents for years. (Note: this was one situation where I didn't do anything to stop drooling; the problem either went away on its own, or it might have been fixed by a change in my medicine.)

Insomnia proved a difficult dilemma to overcome. Some 90% of people with Parkinson's suffer from one form of insomnia or another. In my case, I'd wake up at 2:00 a.m., famished, full of energy, and unable to sleep the rest of the night. My solution was two-fold: (1) regularly work out with heavy weights at the gym, to make my body tired; and (2) eat a healthy, substantial meal before going to bed: usually grilled chicken breast and lots of raw vegetables, both of which take my stomach a long time to digest. No alcohol (drat!) and no starches like pasta or potatoes, because they give you an energy boost a few hours after you eat them, which you don't want in the middle of the night.

I am happy to report that these days I look forward to going to bed. I sleep soundly and wake up in a good mood. Getting out of bed in the morning with an upbeat attitude signals for me that I am happy with my life.

Dry mouth, an under-reported Parkinson's symptom, affected me early on, but was easy to counter: just have a bottle or thermos of water with you to keep the pipes lubricated. For added benefit, squeeze some lemon or lime into the water container, or add slices of cucumber.

I also experienced constipation once. This was a major event that lasted a week. I got out of that by adding ground-up flax seeds to my morning cereal, and now constipation is a thing of the past. (As usual, I invented a lot of jokes when I was dealing with this [fecal] matter, and I posted them on my blog. Here's one: What do New Yorkers call a bird that poops on you as it flies overhead? A stool pigeon.)

Thus I've worked my way through a lot of symptoms in my Parkie life, and I feel that I have the upper hand. My current challenge concerns my gait. These days when I wake up in the morning, I stumble about with a festinating gait until my meds kick in. This was fine until last week, when we replaced the tiles on the floor of the master bathroom. The white, faux-marble sill on the door separating the bathroom from the bedroom is now over an inch higher than it was before; it practically looms over the bedroom carpet next to it, looking like the Wall in the Game of Thrones. In my pre-dawn, festinating-gait daze, I trip and stumble when my scuffling slippers collide with the new sill in the doorway. But I know I can fix this. I just have to be more conscious when I climb out of bed, and I must walk like a normal human being – that is, walk as I used to walk before the multi-fingered calamity known as Parkinson's disease set up shop in my noggin.

What new symptom will strike me next? I don't know. I feel the whole process is like a drama series on Netflix. Tune in next week!

Bruce Ballard started "Parking Suns – A Life with Parkinson's Disease!" in February, 2015, to promote an "enriched environment" for people with Parkinson's disease, including himself. Read more of his work and learn more about him at <http://www.parkingsuns.com/home/>.

James Parkinson's Work Paved the Way for Future Research

by Mary Beth Skylis

<https://parkinsonsnewstoday.com/2019/10/02/james-parkinson-research-tremor-early-signs-muscular-weakness/>

James Parkinson changed the course of medical history when he first described the “Shaking Palsy” in 1817, at a time when little was known about neurological and degenerative diseases. I decided to delve into the history of the disease to see how it might relate to modern medical practices. I wondered how James Parkinson’s research made current treatments possible for my dad. Did Parkinson’s disease look like it does today? What might we learn from the man whose work has resonated throughout modern medical history?

Medical thinking during Parkinson’s time seems bizarre by today’s standards. Mere decades before Parkinson published his seminal essay, Scottish physician John Brown brought forth his “excitability” theory, categorizing illnesses as sthenic (strong) and asthenic (weak). According to the Encyclopedia Britannica, treatments were either sedatives or stimulants. While characteristics of Parkinson’s disease were recorded in early clinical documents, James Parkinson was the first doctor to attempt to understand the disease in its entirety. He was way ahead of his time in terms of research and diagnosis.

Who was James Parkinson? James Parkinson was born in London in 1755, the son of an apothecary and surgeon. He followed in the footsteps of his father, studying at the London Hospital Medical College, before qualifying as a surgeon in 1784. As a political activist, he challenged the political system of the time. He also advocated for social reform and universal suffrage, later adopting humanitarian causes.



Parkinson began to study the condition, which was later given his name, hoping to alleviate the suffering of his patients. His motivation for becoming a doctor was apparent in a pamphlet he wrote about the requirements of a medical education. In the document, he describes “a sympathetic concern, and a tender interest for the sufferings of others [that] ought to characterize all those who engage themselves in a profession, the object of which should be to mitigate, or remove, one great portion of the calamities to which humanity is subject.” In 1817, Parkinson published a 66-page document describing symptoms that he believed to be fundamental to diagnosis of the disease. He defined the “Shaking Palsy (paralysis agitans)” as follows: “Involuntary tremulous motion, with lessened muscular power, in parts not in action and even when supported; with a propensity to bend the trunk forwards, and to pass from a walking to a running pace: the sense and intellects being uninjured.”

In a recent column, I described Dad’s approach to handling muscular changes as Parkinson’s progresses. Nearly 200 years ago, James Parkinson identified “lessened muscular power” as one of the key elements of the disease. While observing the first signs of the disease, Parkinson noted: “So slight and nearly imperceptible are the first inroads of this malady, and so extremely slow its progress, that it rarely happens, that the patient can form any recollection of the precise period of its commencement. The first symptoms perceived are, a slight sense of weakness, with a proneness to trembling in some particular part; sometimes in the head, but most commonly in one of the hands and arms. These symptoms gradually increase in the part first affected; and at an uncertain period, but seldom in less than twelvemonths or more, the morbid influence is felt in some other part. The text goes on to evaluate six case studies, observing the differences and similarities in Parkinson’s patients and their disease progression. It seems strange to me to think that Parkinson could predict how my dad’s journey with the disease would unfold. Dad noticed a slight tremor in his right foot, which led to his diagnosis in 2013. Over the last six years, the tremor has spread to his other limbs. Parkinson’s work paved the way for future medical research by linking the symptoms that are unique to the disease.

Much of Parkinson’s research is still relevant today. His observations enabled researchers and neurologists to take the next steps in fighting Parkinson’s disease. Parkinson’s Life notes that the biggest difference between Parkinson’s observations and modern understanding of the disease is the current recognition of dementia on the spectrum of Parkinsonism symptoms. His research was aimed at a cure and finding a solution that would slow the progress of the disease. When he died in 1824, he left a legacy that changed how Parkinson’s disease was understood in the future.

Skypass Foundation, in partnership with the UT Southwestern O’Donnell Brain Institute, is pleased to bring you a **free**, educational event for Parkinson’s Disease patients & caregivers. The goal of this symposium is to educate patients & caregivers about the natural history, pathogenesis, clinical features and treatment of Parkinson’s Disease. **Learn from some of the most distinguished practitioners in the field through interactive Q&A, breakout sessions, and more.**

We are pleased to announce that our keynote speaker for this year’s Symposium is Dr. Stanley Fahn, the H. Houston Merritt Professor of Neurology and Director Emeritus of the Center for Parkinson’s Disease and Other Movement Disorders at Columbia University Medical Center in New York.

Parkinson's Disease
PATIENT & CAREGIVER SYMPOSIUM
SATURDAY, APRIL 4, 2020
8 a.m. - 3:15 p.m.
Omni Mandalay Las Colinas
221 E. Las Colinas Blvd., Irving, TX 75039
REGISTER NOW!
SKYPASS FOUNDATION
UT Southwestern O'Donnell Brain Institute

Join us at this FREE event to learn about the latest developments and treatments in the fight against Parkinson's Disease.

<https://www.eventbrite.com/e/parkinsons-disease-patient-caregiver-symposium-tickets-85723319757>



Parkinson's Support Group of Tarrant County

March 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 10:30 Exercise (FW)	3	4 10:30 Exercise (FW)	5	6 10:30 Exercise (FW)	7
8 <i>Daylight Savings Time starts</i>	9 10:30 Exercise (FW)	10 12:30 Exercise (NE) 1:30 Support Meeting Northeast	11 10:30 Exercise (FW)	12	13 10:30 Exercise (FW) 10:30 Caregiver Support (FW)	14
15	16 10:30 Exercise (FW)	17 <i>St. Patrick's Day</i>	18 10:30 Exercise (FW)	19	20 10:30 Exercise (FW)	21
22	23 10:30 Exercise (FW) Board Meeting 11:30 Support Meeting Fort Worth	24	25 10:30 Exercise (FW)	26	27 10:30 Exercise (FW) 10:30 Caregiver Support (FW)	28
29	30 10:30 Exercise (FW)	31				

*"Always remember you are braver than you believe, stronger than you seem,
smarter than you think and twice as beautiful as you've ever imagined."
~ Dr. Seuss ~*

Support Meeting, Exercise Class and Caregiver Support, *Fort Worth (FW)*

Broadway Baptist Church
305 W. Broadway Avenue
Fort Worth, TX 76104

Support Meeting and Exercise Class *Northeast (NE)*

Bedford Public Library
2424 Forest Ridge Drive
Bedford, TX 76021



Parkinson's Support Group of Tarrant County

April 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 10:30 Exercise (FW)	2	3 10:30 Exercise (FW)	4
5	6 10:30 Exercise (FW)	7	8 10:30 Exercise (FW)	9	10 10:30 Exercise (FW) 10:30 Caregiver Support (FW)	11
12 <i>Easter</i>	13 <i>(no exercise class)</i>	14 12:30 Exercise (NE) 1:30 Support Meeting Northeast	15 10:30 Exercise (FW) <i>Tax Day</i>	16	17 10:30 Exercise (FW)	18
19	20 10:30 Exercise (FW)	21	22 10:30 Exercise (FW)	23	24 10:30 Exercise (FW) 10:30 Caregiver Support (FW)	25
26	27 10:30 Exercise (FW) 11:30 Support Meeting Fort Worth	28	29 10:30 Exercise (FW)	30		

*"Sometimes I feel like throwing in the towel, but you know what that means... more laundry."
~ Aunty Acid ~*

Support Meeting, Exercise Class and Caregiver Support, *Fort Worth (FW)*

Broadway Baptist Church
305 W. Broadway Avenue
Fort Worth, TX 76104

Support Meeting and Exercise Class *Northeast (NE)*

Bedford Public Library
2424 Forest Ridge Drive
Bedford, TX 76021

OPPORTUNITIES

Endeavor Parkinsonology *of Fort Worth*

Spring Parkinsonology Symposium

Healthy Aging and Parkinson's: What's Nutrition Got To Do With It?

Speaker: Samantha Davis, MS, RD, LD Associate Professor of Professional Practice Department of Nutritional Sciences Texas Christian University

Date/Time: Saturday, March 28, 2020 from 10:00am – 11:30am

Location: Texas Christian University Annie Richardson Bass Building
Room 1207 (1st floor) 2800 W Bowie St Fort Worth, Texas 76109

Interested in attending? Please RSVP by Friday, March 20th to Zoë Thijs, M.S. zoe.thijs@tcu.edu (817) 773-7750



Weekly Fort Worth Dance for PD® classes are held every Thursday from 1:30 to 2:45. Classes are free, sponsored by Texas Health Fort Worth and held at the Texas Health Harris Klabzuba Tower, classroom K. The address is 3000 W. Terrell Ave. Fort Worth, 76104. Register by calling or emailing Dorothy Conway at 817-250-2445 or DorothyConway@texashealth.org. Free valet parking is available.



Rock Steady Boxing Southlake

Tuesday and Thursday from 10:15am - 11:30am

Location: Tap Out Fitness 2717 E. Southlake Blvd Ste 180 Southlake, TX 76092

Contact: Mallory and Austen Spoons 830-596-3440 or southlake@rsbaffiliate.com

Rock Steady Boxing Keller

Wednesday at 2 p.m. and Friday at 1:30 p.m.

Location: ground 900 South Main St. Keller, TX Bear Creek Plaza Suite 340

Contact: James Riddle 817-929-8913 or james.riddle@9ground.com

Pedaling for Parkinson's

Airport Area YMCA
3524 Central Drive
Bedford, TX 76021

Tue./Thu. at 11:30am

Contact Jessica Bruda
817-571-3371 or
JBruda@ymcafw.org



Pedaling For Parkinsons

North YMCA
1005 Skyline Drive
Arlington, TX 76011

Mon./Wed./Fri. at 10:30am

Contact Cory or Melissa at 817-548-9622
Cory Brazeal (CoryB@amaymca.org)
Melissa Gross (MelissaG@amaymca.org)

Amon G. Carter, Jr. Downtown YMCA
512 Lamar Street
Fort Worth, TX 76102

Tue./Thu. at 10:00am

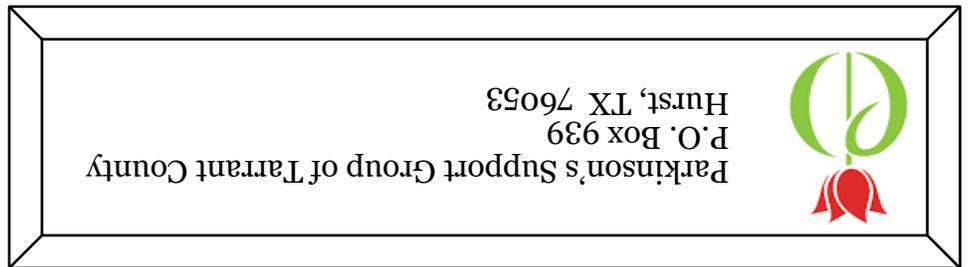
Contact Mary Russell
817-332-3281 ext. 2039 or
MRussell@ymcafw.org

Northpark YMCA
9100 N. Beach Street
Fort Worth, TX 76244

Mon./Wed. at 10:00am

Contact Jenafer Langston
817-993-1333 or
JLangston@ymcafw.org





PARKINSON'S SUPPORT GROUP OF TARRANT COUNTY
MEMBERSHIP APPLICATION AND RENEWAL FORM

Date _____ New Member Renewing Member

Name of Person with Parkinson's _____

Name of Spouse/Family Member/Other _____

Address _____

Home Phone _____ Cell Phone _____

Email _____

Preferred Type of Membership	<input type="checkbox"/> Family (patient and partner) \$20/year	Meeting location preference	<input type="checkbox"/> Fort Worth - Broadway Baptist
	<input type="checkbox"/> Professional \$30/year		<input type="checkbox"/> Northeast - Bedford Library
	<input type="checkbox"/> Lifetime \$200		

Make check payable to Parkinson's Support Group of Tarrant County (or PSGTC)
 Mail to: P.O. Box 939, Hurst, TX 76053